

What Is Claimed Is:

Sub 1  
R2  
5 1. A mask, comprising a heat generating unit incorporated therein.

Sub 2  
6 2. The mask according to claim 1, having a moisture-retaining unit, separate from said heat generating unit.

7 3. The mask according to claim 1, wherein said heat generating unit is configured to release steam.

8 4. The mask according to claim 1, wherein said heat generating unit is configured to generate heat by chemical reaction.  
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9 5. The mask according to claim 4, wherein said heat generating unit comprises an exothermic composition containing a metal powder, salt, and water, which heat  
20 generating unit releases steam in conjunction with oxidation reaction of said metal powder.

Sub 3  
10 6. The mask according to claim 1, wherein said heat generating unit is configured to be attached and detached.

7. The mask according to claim 1, further comprising a temperature buffering between said heat generating unit and a face when said mask is donned.

5 8. The mask according to claim 1, further having a drug carrier unit.

9. The mask according to claim 1, wherein said heat generating unit comprises an exothermic composition with a  
10 drug dispersed in said exothermic composition.

10. The mask according to claim 5, further comprising a bag containing the exothermic composition, which bag has a surface adapted to be applied to a face, and which bag comprises a moisture permeable sheet  
15 exhibiting a moisture permeability between about 1000 g/m<sup>2</sup>·24h and about 13,000 g/m<sup>2</sup>·24h according to JIS Z0208 method under conditions of a temperature of 40°C and relative humidity of 90%, and an air permeability of 200  
20 seconds/100 cm<sup>3</sup> or less according to JIS P8117 method.

11. The mask according to any one of claims 1 to 10, wherein main mask body is provided with at least one of an inhalation valve and an exhalation valve.

*Subp*

12. The mask according to claim 11, wherein an inhalation valve and an exhalation valve are provided separately in said main mask body.

5 13. The mask according to claim 11, wherein an inhalation/exhalation valve is provided in said main mask body.

10 14. The mask according to Claim 1, configured to have a space and distance between said heat generating unit and a face when said mask is donned.

*add*  
*15*

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